



McDonald's Australia

Beverages

Allergen - Ingredients - Nutrition Information

Information correct as at September 2022.

At McDonald's we believe in the nutritional principals of balance, variety and moderation and that eating at McDonald's can fit into a healthy lifestyle. Our goal is to provide you with the information necessary to make informed decisions about your McDonald's menu choices. This guide can help you balance your McDonald's meal with the other meals you eat today, and every day.

This guide is for our standard or core menu items. For information regarding short-time menu items, please either ask a manager in one of our restaurants or contact our Customer Service Department either via our website <http://mcdonalds.com.au/contactus> or on 02 9875 7100.

The nutrition and ingredient information is based on standard product formulations, standard product assembly and standard serving sizes (including ice for drinks from our beverage system). Actual sizes and assembly may vary. Due to the individual preparation of each of our menu items, actual values may vary from those listed. Variations may also occur depending on the local supplier, region of the country, and the season of the year. Further, product formulations may change periodically.

Food Sensitivities and Preferences

No food items are sold as allergen free. As we operate working kitchens please be aware that there is always a risk that traces of allergens may be transferred to ingredients during storage or preparation of food in our kitchens. McDonald's Restaurants are therefore unable to guarantee that any food item sold is free from traces of allergens.

No food items are certified as vegetarian. Whilst some ingredients may not contain animal ingredients, we cannot guarantee that there will be no cross contact with ingredients that do contain animal ingredients in our kitchens.

We have a number of Halal certified restaurants. Only those items listed on the certificate in the front counter area and drive thru booth at our restaurants serving Halal options are certified as Halal.

If you would like further information or have food sensitivities or dietary concerns regarding specific ingredients in specific menu items, please contact us at <http://mcdonalds.com.au/contactus> or call us on 02 9875 7100.

COLD DRINKS

Pop Tops® Apple Juice

Reconstituted Apple Juice, Food Acid (Citric Acid), Vitamin C (Ascorbic Acid), Natural Flavour.

	Avg Qty /Serve	Avg Qty /100mL
Energy (kJ)	540	216
Energy (Cal)	129	52
Protein (g)	<1.0	<1.0
Fat, total (g)	<1.0	<1.0
Saturated Fat (g)	0.0	0.0
Carbohydrate (g)	29.5	11.8
Sugars (g)	29.5	11.8
Sodium (mg)	18	7

Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colours

CalciYum™ Chocolate Flavoured Milk

Low Fat Milk, Sugar, Cocoa, Vegetable Gums (460, 466, 407), Mineral (Calcium Carbonate), Flavours, Vitamin D.

Contains milk.

	Avg Qty /Serve	Avg Qty /100mL
Energy (kJ)	633	253
Energy (Cal)	151	61
Protein (g)	8.3	3.3
Fat, total (g)	3.5	1.4
Saturated Fat (g)	2.3	0.9
Carbohydrate (g)	20.5	8.2
Sugars (g)	20.0	8.0
Sodium (mg)	98	39

Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colours
		Y								Y		

Orange Juice

Water, Orange Juice Concentrate, Preservatives (211,202), Colour (160a), Flavour.

	Small		Medium		Large	
	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL
Energy (kJ)	521	174	747	174	1050	174
Energy (Cal)	125	42	179	42	251	42
Protein (g)	2.4	0.8	3.4	0.8	4.8	0.8
Fat, total (g)	0.0	0.0	0.0	0.0	0.0	0.0
Saturated Fat (g)	0.0	0.0	0.0	0.0	0.0	0.0
Carbohydrate (g)	29.4	9.8	42.1	9.8	59.3	9.8
Sugars (g)	23.4	7.8	33.5	7.8	47.2	7.8
Sodium (mg)	14	5	21	5	29	5

Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colours
										Y		

Coca-Cola®

COCA-COLA®: Carbonated Water, Sugar, Colour (150d), Acidity Regulator (338), Flavour, Caffeine.

Contains caffeine.

	Small		Medium		Large	
	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL
Energy (kJ)	397	173	568	173	869	173
Energy (Cal)	95	41	136	41	208	41
Protein (g)	0.0	0.0	0.0	0.0	0.0	0.0
Fat, total (g)	0.0	0.0	0.0	0.0	0.0	0.0
Saturated Fat (g)	0.0	0.0	0.0	0.0	0.0	0.0
Carbohydrate (g)	24.3	10.6	34.7	10.6	53.1	10.6
Sugars (g)	24.3	10.6	34.7	10.6	53.1	10.6
Sodium (mg)	23	10	33	10	50	10

Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colours
											Y	Y

Coca-Cola® No Sugar

COCA-COLA® NO SUGAR: Carbonated Water, Colour (150d), Food Acids (338, 331), Sweeteners (951, 950), Preservative (211), Flavour, Caffeine.

Contains phenylalanine and caffeine.

	Small		Medium		Large	
	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL
Energy (kJ)	8	3	10	3	15	3
Energy (Cal)	2.0	0.6	3.0	0.6	4.0	0.6
Protein (g)	0.2	0.1	0.2	0.1	0.3	0.1
Fat, total (g)	0.0	0.0	0.0	0.0	0.0	0.0
Saturated Fat (g)	0.0	0.0	0.0	0.0	0.0	0.0
Carbohydrate (g)	0.3	0.1	0.4	0.1	0.6	0.1
Sugars (g)	0.0	0.0	0.0	0.0	0.0	0.0
Sodium (mg)	33	11	45	11	64	11

Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colours
										Y	Y	Y

Diet Coke®

DIET COKE®: Carbonated Water, Colour (150d), Food Acids (338, 330, 331), Artificial Sweeteners (951, 950), Flavour, Preservative (211), Caffeine.

Contains phenylalanine and caffeine.

	Small		Medium		Large	
	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL
Energy (kJ)	3	1	3	1	5	1
Energy (Cal)	0.6	0.2	0.8	0.2	1.0	0.2
Protein (g)	0.2	0.1	0.2	0.1	0.3	0.1
Fat, total (g)	0.0	0.0	0.0	0.0	0.0	0.0
Saturated Fat (g)	0.0	0.0	0.0	0.0	0.0	0.0
Carbohydrate (g)	0.0	0.0	0.0	0.0	0.0	0.0
Sugars (g)	0.0	0.0	0.0	0.0	0.0	0.0
Sodium (mg)	33	11	44	11	64	11

Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colours
										Y	Y	Y

Coca-Cola® Vanilla

COCA-COLA® VANILLA: Carbonated Water, Sugar, Colour (150d), Food Acids (338), Flavour, Caffeine.

Contains Caffeine.

	Small		Medium		Large	
	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL
Energy (kJ)	421	184	624	183	954	183
Energy (Cal)	101	44	149	44	228	44
Protein (g)	0.1	0.1	0.0	0.0	0.0	0.0
Fat, total (g)	0.0	0.0	0.0	0.0	0.0	0.0
Saturated Fat (g)	0.0	0.0	0.0	0.0	0.0	0.0
Carbohydrate (g)	24.6	10.8	36.7	10.8	56.1	10.8
Sugars (g)	24.6	10.8	36.7	10.8	56.1	10.8
Sodium (mg)	2	1	3	1	5	1

Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colours
											Y	Y

Fanta®

FANTA®: Carbonated Water, Sugar, Food Acid (330), Flavour, Preservative (211), Antioxidant (300), Colour (110).

	Small		Medium		Large	
	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL
Energy (kJ)	501	219	716	219	1100	219
Energy (Cal)	120	52	171	52	262	52
Protein (g)	0.0	0.0	0.0	0.0	0.0	0.0
Fat, total (g)	0.0	0.0	0.0	0.0	0.0	0.0
Saturated Fat (g)	0.0	0.0	0.0	0.0	0.0	0.0
Carbohydrate (g)	30.9	13.5	44.2	13.5	67.6	13.5
Sugars (g)	30.9	13.5	44.2	13.5	67.6	13.5
Sodium (mg)	34	15	49	15	75	15

Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colours
										Y	Y	Y

Sprite® Zero Sugar	Small		Medium		Large							
	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL						
SPRITE® ZERO SUGAR: Carbonated Water, Food Acids (330, 331), Flavour, Sweeteners (950, 955), Preservative (211).	8	4	12	4	18	4						
Energy (kJ)	2	<1	3	<1	5	<1						
Energy (Cal)	0.0	0.0	0.0	0.0	0.0	0.0						
Protein (g)	0.0	0.0	0.0	0.0	0.0	0.0						
Fat, total (g)	0.0	0.0	0.0	0.0	0.0	0.0						
Saturated Fat (g)	0.0	0.0	0.0	0.0	0.0	0.0						
Carbohydrate (g)	0.0	0.0	0.0	0.0	0.0	0.0						
Sugars (g)	0.0	0.0	0.0	0.0	0.0	0.0						
Sodium (mg)	22	10	32	10	49	10						
Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colours
										Y	Y	

Sparkling Water	Small		Medium		Large							
	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL						
Carbonated Water.	0	0	0	0	0	0						
Energy (kJ)	0	0	0	0	0	0						
Energy (Cal)	0.0	0.0	0.0	0.0	0.0	0.0						
Protein (g)	0.0	0.0	0.0	0.0	0.0	0.0						
Fat, total (g)	0.0	0.0	0.0	0.0	0.0	0.0						
Saturated Fat (g)	0.0	0.0	0.0	0.0	0.0	0.0						
Carbohydrate (g)	0.0	0.0	0.0	0.0	0.0	0.0						
Sugars (g)	0.0	0.0	0.0	0.0	0.0	0.0						
Sodium (mg)	5	2	5	2	5	2						
Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colours

Frozen Coke®	Small		Medium		Large							
	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL						
Carbonated Water, Sugar, Colour (150d), Food Acid (338), Flavour, Caffeine .	391	112	548	112	738	112						
Energy (kJ)	93	27	131	27	176	27						
Energy (Cal)	0.0	0.0	0.0	0.0	0.0	0.0						
Protein (g)	0.0	0.0	0.0	0.0	0.0	0.0						
Fat, total (g)	0.0	0.0	0.0	0.0	0.0	0.0						
Saturated Fat (g)	0.0	0.0	0.0	0.0	0.0	0.0						
Carbohydrate (g)	24.1	6.9	33.8	6.9	45.5	6.9						
Sugars (g)	24.1	6.9	33.8	6.9	45.5	6.9						
Sodium (mg)	19	5	26	5	36	5						
Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colours
											Y	Y

Frozen Coke® No Sugar	Small		Medium		Large							
	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL						
FROZEN COKE® NO SUGAR: Carbonated Water, Sweeteners (968, 955, 950), Bulking Agent (422), Colour (150d), Food Acid (338), Preservative (211), Flavour, Caffeine.	35	10	49	10	66	10						
Energy (kJ)	8	2	12	2	16	2						
Energy (Cal)	0.0	0.0	0.0	0.0	0.0	0.0						
Protein (g)	0.0	0.0	0.0	0.0	0.0	0.0						
Fat, total (g)	0.0	0.0	0.0	0.0	0.0	0.0						
Saturated Fat (g)	0.0	0.0	0.0	0.0	0.0	0.0						
Carbohydrate (g)	2.1	0.6	2.9	0.6	4.0	0.6						
Sugars (g)	0.0	0.0	0.0	0.0	0.0	0.0						
Sodium (mg)	7	2	10	2	14	2						
Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colours
										Y	Y	Y

Frozen Fanta®	Small		Medium		Large	
	Avg Qty / Serve	Avg Qty /100mL	Avg Qty / Serve	Avg Qty /100mL	Avg Qty / Serve	Avg Qty /100mL
Energy (kJ)	420	117	580	119 kJ	780	119
Energy (Cal)	100	28	139	28	186	28
Protein (g)	0.0	0.0	0.0	0.0	0.0	0.0
Fat, total (g)	0.0	0.0	0.0	0.0	0.0	0.0
Saturated Fat (g)	0.0	0.0	0.0	0.0	0.0	0.0
Carbohydrate (g)	24.2	6.9	33.8	6.9	45.5	6.9
Sugars (g)	24.2	6.9	33.8	6.9	45.5	6.9
Sodium (mg)	6	2	9	2	12	2

FROZEN FANTA®:

BLUEBERRY: Carbonated Water, Sugar, Food Acid (330), Flavour, Preservative (211), Colour (133).

GRAPE: Carbonated Water, Sugar, Food Acid (330), Flavour, Preservative (211), Colours (122, 104, 133).

MANGO: Carbonated Water, Sugar, Food Acid (330), Flavour, Preservative (211), Colour (110, 122).

RASPBERRY: Carbonated Water, Sugar, Flavour, Food Acid (330), Preservative (211), Colour (122).

All FROZEN FANTA® flavours have the same nutritional content.

Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colours
										Y	Y	Y

Chocolate Shake	Small		Medium		Large	
	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL
Energy (kJ)	1150	525	1550	525	1880	525
Energy (Cal)	274	125	370	125	449	125
Protein (g)	8.3	3.8	11.2	3.8	13.6	3.8
Fat, total (g)	7.3	3.4	9.9	3.4	12.0	3.4
Saturated Fat (g)	5.0	2.3	6.7	2.3	8.1	2.3
Carbohydrate (g)	47.8	21.8	64.5	21.8	78.2	21.8
Sugars (g)	35.7	16.3	57.3	19.4	58.5	16.3
Sodium (mg)	167	76	225	76	273	76

SHAKE MIX: **Milk, Milk** Solids, Sugar, Maltodextrin, **Cream**, Vegetable Gums (412, 407, 407a, 466), Mineral Salt (452), Flavours.

OR: **Milk**, Sugar, **Milk** Solids, Skim **Milk, Cream**, Maltodextrin, Vegetable Gums (407, 407a, 412, 466), Mineral Salts (452), Flavours.

OR: **Milk**, Sugar, **Milk** Solids, Maltodextrin, **Cream**, Vegetable Gums (412, 407, 407a, 466), Flavours, Mineral Salts (339, 452), Food Acids (330, 331).

CHOCOLATE SHAKE SYRUP: Invert Sugar Syrup, Glucose Syrup (Glucose, Preservative (223)), Water, Cocoa Powder, Salt, Preservative (202), Acidity Regulator (330), Flavours.

Contains milk & sulphites.
CHOCOLATE SHAKE SYRUP contains traces of sulphites.

Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colours
		Y						T		Y	Y	Y

Strawberry Shake	Small		Medium		Large	
	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL
Energy (kJ)	1240	542	1600	542	1990	542
Energy (Cal)	296	129	382	129	473	129
Protein (g)	8.0	3.5	10.3	3.5	12.7	3.5
Fat, total (g)	7.1	3.2	9.1	3.2	11.6	3.2
Saturated Fat (g)	4.4	2.0	5.7	2.0	7.2	2.0
Carbohydrate (g)	49.4	21.6	63.7	21.6	79.2	21.6
Sugars (g)	41.6	18.2	53.6	18.2	66.6	18.2
Sodium (mg)	192	84	248	84	308	84

SHAKE MIX: **Milk, Milk** Solids, Sugar, Maltodextrin, **Cream**, Stabilisers (412, 407, 407a, 466), Mineral Salt (452), Flavours.

OR: **Milk**, Sugar, **Milk** Solids, Skim **Milk, Cream**, Maltodextrin, Vegetable Gums (412, 407, 407a, 466), Mineral Salt (452), Flavour.

OR: **Milk**, Sugar, Water, **Milk** Solids, Maltodextrin, **Cream**, Vegetable Gums (412, 407, 407a, 466), Flavours, Mineral Salts (339, 452), Food Acids (330, 331).

STRAWBERRY SYRUP: Invert Sugar Syrup, Water, Glucose Syrup (Preservative (220)), Sugar, Strawberry Juice Concentrate, Acidity Regulator (330), Preservative (211), Humectant (1520), Colours (129,110, 133), Flavour.

Contains milk.
STRAWBERRY SHAKE SYRUP contains traces of sulphites.

Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colours
		Y						T		Y	Y	Y

Vanilla Shake	Small		Medium		Large	
	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL
Energy (kJ)	1110	528	1470	528	1880	528
Energy (Cal)	266	126	352	126	449	126
Protein (g)	7.4	3.5	9.8	3.5	12.5	3.5
Fat, total (g)	6.5	3.0	8.6	3.0	10.8	3.0
Saturated Fat (g)	4.1	1.9	5.4	1.9	6.8	1.9
Carbohydrate (g)	44.0	20.8	58.1	20.8	74.0	20.8
Sugars (g)	38.0	17.9	50.1	17.9	63.7	17.9
Sodium (mg)	173	82	229	82	290	82

SHAKE MIX: **Milk, Milk** Solids, Sugar, Maltodextrin, **Cream**, Stabilisers (412, 407, 407a, 466), Mineral Salt (452), Flavours.

OR: **Milk**, Sugar, **Milk** Solids, Skim **Milk, Cream**, Maltodextrin, Vegetable Gums (412, 407, 407a, 466), Mineral Salt (452), Flavour.

OR: **Milk**, Sugar, Water, **Milk** Solids, Maltodextrin, **Cream**, Vegetable Gums (412, 407, 407a, 466), Flavours, Mineral Salts (339, 452), Food Acids (330, 331).

VANILLA SYRUP: Water, Sugar, Glucose Syrup (Preservative (220)), Flavour, Colour (150d), Preservative (211), Acidity Regulator (330).

Contains milk.
VANILLA SHAKE SYRUP contains traces of sulphites.

Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colours
		Y						T		Y	Y	Y

Chocolate Frappe

CHOCOLATE FRAPPE BASE: **Milk** and/or Skim **Milk** (Reconstituted), Sugar, Cream, **Milk** Solids, Cocoa Powder, Emulsifier (471), Stabilisers (412, 410, 466, 407a, 407, Sucrose), Chocolate Flavour, Malt Flavour and/or Malt Extract (**Wheat, Barley**).

ICE: Water.

WHIPPED CREAM: **Cream**, Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gums (401, 407).

CHOCOLATE SAUCE: Sugar, Water, Cocoa Powder, Thickener (1442), Colour (150d), Flavour, Salt, Food Acids (330, 331), Preservative (202), Vegetable Gums (415, 417, 401).

Contains gluten, milk and sulphites.

CHOCOLATE SAUCE may contain gluten.

	Medium		Large	
	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL
Energy (kJ)	2470	471	2790	474
Energy (Cal)	590	113	667	113
Protein (g)	9.9	1.9	11.1	1.9
Fat, total (g)	24.4	4.7	28.2	4.8
Saturated Fat (g)	16.9	3.2	19.6	3.3
Carbohydrate (g)	80.8	15.4	90.0	15.3
Sugars (g)	75.4	14.4	84.0	14.3
Sodium (mg)	140	27	156	27

Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colours
Y		Y						Y		Y	Y	Y

Coffee Frappe

COFFEE FRAPPE BASE: **Milk** and/or Skim **Milk** (Reconstituted), Sugar, **Cream, Milk** Solids, Coffee Powder, Emulsifier (471), Stabiliser (412, 410, 466, 407a, 407, Sucrose), Colour (150c, 150d (contains **Wheat**)), Coffee Flavour, Vanilla Flavour.

ICE: Water.

WHIPPED CREAM: **Cream**, Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gums (401, 407).

CHOCOLATE SAUCE: Sugar, Water, Cocoa Powder, Thickener (1442), Colour (150d), Flavour, Salt, Food Acids (330, 331), Preservative (202), Vegetable Gums (415, 417, 401).

Contains gluten, milk, sulphites and caffeine.

CHOCOLATE SAUCE may contain gluten.

	Medium		Large	
	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL
Energy (kJ)	2440	462	2700	458
Energy (Cal)	582	110	644	109
Protein (g)	11.1	2.1	12.4	2.1
Fat, total (g)	26.5	5.0	29.1	4.9
Saturated Fat (g)	18.2	3.4	19.9	3.4
Carbohydrate (g)	73.1	13.9	81.5	13.8
Sugars (g)	67.6	12.8	75.3	12.8
Sodium (mg)	259	49	289	49

Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colours
Y		Y						Y		Y	Y	Y

Salted Caramel Frappe

SALTED CARAMEL FRAPPE BASE: Sugar, **Milk** Solids, **Milk, Cream**, Emulsifier (471), Stabilisers (412, 466, 410, 407a, 407), Colour (150c), Salt, Caramel Flavour, Caramel Colour.

ICE: Water.

WHIPPED CREAM: **Cream**, Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gums (401, 407).

CHOCOLATE SAUCE: Sugar, Water, Cocoa Powder, Thickener (1442), Colour (150d), Flavour, Salt, Food Acids (330, 331), Preservative (202), Vegetable Gums (415, 417, 401).

Contains milk and sulphites.

CHOCOLATE SAUCE may contain gluten.

	Medium		Large	
	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL
Energy (kJ)	2250	427	2490	423
Energy (Cal)	538	102	595	101
Protein (g)	11.8	2.2	13.2	2.2
Fat, total (g)	28.4	5.4	31.1	5.3
Saturated Fat (g)	19.4	3.7	21.3	3.6
Carbohydrate (g)	58.7	11.1	65.3	11.1
Sugars (g)	57.9	11.0	64.5	11.0
Sodium (mg)	570	108	638	108

Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colours
T		Y						Y		Y	Y	Y

Water- Pop Top and Cool Ridge

POP TOP: Spring Water
 COOL RIDGE: Spring Water

	Pop Top Water		Cool Ridge	
	Avg Qty /Serve	Avg Qty /100mL	Avg Qty /Serve	Avg Qty /100mL
Energy (kJ)	0	0	0	0
Energy (Cal)	0	0	0	0
Protein (g)	0.0	0.0	0.0	0.0
Fat, total (g)	0.0	0.0	0.0	0.0
Saturated Fat (g)	0.0	0.0	0.0	0.0
Carbohydrate (g)	0.0	0.0	0.0	0.0
Sugars (g)	0.0	0.0	0.0	0.0
Sodium (mg)	5	2	33	6

Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Artificial Flavour	Artificial Colours